

# Traverse Texas Walking Challenge Walking Log

## Directions:

- Keep track of the number of miles you walk everyday (check the activity conversion chart on the back of this page for other forms of exercise).
- Total your miles at the end of each week.
- The last day to turn in any walking log will be **Dec. 8**.
- The branch that walks the farthest will win a trophy.
  - Put on your boots and make your way across the Lone Star State!

**Oct. 1 to Oct. 10** \_\_\_\_\_

**Oct. 11 to Oct. 17** \_\_\_\_\_

**Oct. 18 to Oct. 24** \_\_\_\_\_

**Oct. 25 to Oct. 31** \_\_\_\_\_

**Nov. 1 to Nov. 7** \_\_\_\_\_

**Nov. 8 to Nov. 14** \_\_\_\_\_

**Nov. 15 to Nov. 21** \_\_\_\_\_

**Nov. 22 to Nov. 30** \_\_\_\_\_

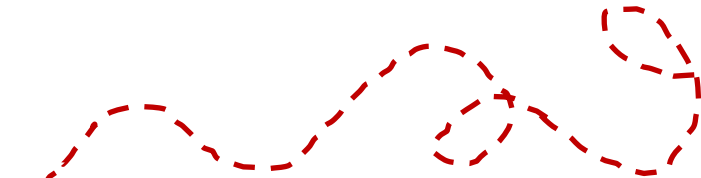
**Total Miles** \_\_\_\_\_

**Branch** \_\_\_\_\_



# Traverse Texas

## Walking Challenge



### Activity Conversion Chart

Activity Description	Sample Activities	Energy Conversion
Light Activity	Golf without cart, walking in place, water aerobics	20 minutes=1 mile
Moderate Activity	Weightlifting, dancing, yoga, recreational swimming, hiking	20 minutes=2 miles
Vigorous Activity	Exercise classes (i.e. spinning, Zumba, circuit), basketball, soccer, swimming laps	25 minutes=3 miles



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